

Full Report (All Nutrients) 11219, Gourd, white-flowered (calabash), cooked, boiled, drained, without salt

Report Date:September 10, 2015 02:50 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products**Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1" cubes) 146g
Proximates					
Water	g	95.32	1	--	139.17
Energy	kcal	15	--	--	22
Energy	kJ	63	--	--	92
Protein	g	0.60	--	--	0.88
Total lipid (fat)	g	0.02	--	--	0.03
Ash	g	0.37	1	--	0.54
Carbohydrate, by difference	g	3.69	--	--	5.39
Fiber, total dietary	g	1.2	--	--	1.8
Minerals					
Calcium, Ca	mg	24	1	--	35
Iron, Fe	mg	0.25	1	--	0.36
Magnesium, Mg	mg	11	1	--	16
Phosphorus, P	mg	13	1	--	19
Potassium, K	mg	170	1	--	248
Sodium, Na	mg	2	1	--	3
Zinc, Zn	mg	0.70	--	--	1.02
Copper, Cu	mg	0.026	--	--	0.038
Manganese, Mn	mg	0.066	--	--	0.096
Selenium, Se	µg	0.2	--	--	0.3
Vitamins					
Vitamin C, total ascorbic acid	mg	8.5	--	--	12.4
Thiamin	mg	0.029	--	--	0.042
Riboflavin	mg	0.022	--	--	0.032

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1" cubes) 146g
Niacin	mg	0.390	--	--	0.569
Pantothenic acid	mg	0.144	--	--	0.210
Vitamin B-6	mg	0.038	--	--	0.055
Folate, total	μg	4	--	--	6
Folic acid	μg	0	--	--	0
Folate, food	μg	4	--	--	6
Folate, DFE	μg	4	--	--	6
Vitamin B-12	μg	0.00	--	--	0.00
Retinol	μg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.002	--	--	0.003
16:0	g	0.001	--	--	0.001
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.004	--	--	0.006
18:1 undifferentiated	g	0.004	--	--	0.006
Fatty acids, total polyunsaturated	g	0.009	--	--	0.013
18:2 undifferentiated	g	0.009	--	--	0.013
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.003	--	--	0.004
Threonine	g	0.017	--	--	0.025
Isoleucine	g	0.032	--	--	0.047
Leucine	g	0.035	--	--	0.051
Lysine	g	0.020	--	--	0.029
Methionine	g	0.004	--	--	0.006
Phenylalanine	g	0.014	--	--	0.020
Valine	g	0.026	--	--	0.038
Arginine	g	0.014	--	--	0.020
Histidine	g	0.004	--	--	0.006
Other					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1" cubes) 146g	
Alcohol, ethyl	g	0.0	--	--	0.0	
Caffeine	mg	0	--	--	0	
Theobromine	mg	0	--	--	0	

Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1720 CALABASH GOURD
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0152 DIVIDED INTO PIECES
- F0014 FULLY HEAT-TREATED
- G0015 BOILED AND DRAINED
- H0001 TREATMENT APPLIED NOT KNOWN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE